

TRACKING ...

NEWS



Soldiers return;
no flu detected
PAGE 3

Event to honor
civil rights hero
PAGE 3

Activities entertain
holdover Soldiers
PAGE 4

On-post service
for pets improves
PAGE 6

Let it snow! Post
readies for flurries
PAGE 7

H1N1 vaccine
available for all
PAGE 7

UP CLOSE

Yoga helps vets
overcome PTSD
PAGE 9

INDEX

Commanders	2	FMWR	14
News	3-8	School	15
Up Close	9	Health	18
Around Post	10	Chapel	19
Happenings	11	Police	21

The Fort Jackson *Leader*



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Shape shifter



Photo by CRYSTAL LEWIS BROWN

Staff Sgt. Christie Wilson, with 2nd Battalion, 345th Combat Support Regiment, lifts weights while Pam Green, a trainer and instructor with Family and Morale, Welfare and Recreation, checks her form.

Path to fitness paved with small victories

By STEVE REEVES
Fort Jackson Leader

Resolutions to eat better, exercise more and get in shape abound this time of the year.

The problem is that, for many people, making New Year's resolutions is often much easier than sticking to them.

"A lot of people will show up for an exercise class for a couple of weeks, then when the scale doesn't move, or it goes up, they get discouraged," said Pam Green, a certified fitness trainer for Family and Morale, Welfare and Recreation's Sports, Aquatics and Fitness. "They are so ready for change, but they want their change to be instant. Change does not happen instantly."

Green said January is when her yoga, Pilates and other fitness classes fill up with well-intentioned people who have resolved to burn away those holiday-induced pounds or tone now-flabby muscles.

But she said New Year's fitness resolutions often die as quickly because of the hard work that it takes to get into shape.

That's why Green said she stresses to gym newcomers that fitness is a journey, not a destination.

"I tell them, 'Don't put any pressure on yourself,'" she said. "Just showing up is a big deal. Focus on getting started and staying started. Enjoy the journey and stop searching for the destination."

Green said she encourages those looking to

begin their fitness journey to focus on small victories at first: eating a salad for lunch, drinking more water, exercising several times a week.

"Once they accomplish that, then they can focus on the harder things," she said. "But if it's too hard in the beginning, they will quit altogether."

Jamie Boyle, a military spouse who started working out regularly last year, said she would advise fitness newbies to join a class or work out with a group of friends.

"If you don't show up, people will notice and ask where you were that day," Boyle said. "It's definitely helpful to work out with friends. It's peer pressure, but it's good peer pressure."

Steven.Parrish2@us.army.mil

2010 expected to be great year for post

First of all, I would like to extend a warm welcome to those returning from block leave. I also would like to thank the many organizers who do a wonderful job synchronizing and executing this complicated operation each year.

I want to wish all of you a happy, healthy and successful 2010. There is nothing like a new year, a fresh start and a future that is filled with many new challenges and mission goals here at Fort Jackson. There are so many exciting things going on.

For starters, this spring marks the first anniversary of the Fort Jackson Campaign Plan. We will be revisiting the major objectives to see if there are any modifications that need to be made. Meanwhile, the facelift of Fort Jackson is beginning to really take shape.

Look around and you will see the visible signs of progress that continue in the construction of a new Basic Combat Training starbase. We are eagerly anticipating the opening of the new drill sergeant school building, the Armed Forces Chaplaincy Center, a new hotel and additional housing. Let's not forget that two new child development centers will be opening this spring, as well as the SKIES building.

Did I mention that a new master range plan is on tap, too? All told, 2010 promises to be another banner year for Fort Jackson.

The Fort Jackson **Leader**

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Garrison CommanderCol. Lillian A. Dixon
Public Affairs Officer Karen Soule
Command Information Officer .. Joseph Monchecourt
Editor Crystal Lewis Brown
News editor/Staff writer..... Susanne Kappler
Online editor/Staff writer..... Mike A. Glasch
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BRIG. GEN. BRADLEY W. MAY

*Fort Jackson
Commanding
General*



Nothing is more exciting for us here than the major role that we will be assuming in master resiliency training in the Comprehensive Soldier Fitness Program. Let's quickly recap where we are with this.

Last summer, if you remember, Army Chief of Staff Gen. George Casey visited Fort Jackson to announce the launch of a holistic fitness program for Soldiers, families and Army civilians to enhance performance and build resilience. The program, Comprehensive Soldier Fitness, is designed to strengthen Soldiers emotionally, spiritually and socially, giving them the ability to better cope with stress.

The program prepares Soldiers to deal with any situation and is based on the premise that resiliency should be automatic, just like loading a weapon is automatic to a

Soldier. We recognize that Soldiers are at different levels of emotional, mental, spiritual and social fitness when they enter the Army. The Army also realizes that being Army Strong is, in fact, being more than physically fit.

Casey emphasized that the Comprehensive Soldier Fitness program will be part of a Soldier's training from BCT through War College. A key component of the program, that will happen right here, is training the Master Resiliency Trainers — senior noncommissioned officers and leaders who will be provided the skills and training to help build and grow resiliency among their fellow Soldiers.

Another important part of the Comprehensive Soldier Fitness program planned for Fort Jackson is the integration of the Global Assessment Tool into Basic Combat Training. The GAT is a confidential assessment survey designed to measure mental and emotional fitness, then provide guidance on how to build on weaker areas. The program directly supports Fort Jackson's Campaign Plan objective, "Mitigating the Effects of Persistent Conflict."

I could go on and on, talking about upcoming missions that we are undertaking. But for right now, I want to welcome you all back and say I am thankful that you returned safely and in good health. So, let's get started with 2010. We have a challenging journey in front of us.

Army Strong!

Ask the garrison commander about:

Service achievement medal

What is the Joint Service Achievement Medal?

Under the provisions of Army Regulation 600-8-22 Military Awards, the Joint Service Achievement Medal was authorized by the Secretary of Defense of Aug. 3, 1983, to award service members who distinguished themselves by outstanding performance of duty and meritorious achievement. The prescribing directive for the JSAM is DOD 1348.33-M.

I'm an active duty staff sergeant and I've been given a P3 profile indicating that I need to appear before a Military Occupational Specialty/Medical Review Board. What is the next step in this process?

Army Regulation 600-60, Physical Performance Evaluation System, states that you should appear before an MMRB within 60 days from the date the DA Form is signed by the appropriate approving authority. Notify your personnel office (S1) of the P3 profile.

Next, contact Personnel Strength Management at 751-6273/5579 so that you can be scheduled for the next available MMRB. The boards are held monthly in Build-

COL. LILLIAN A. DIXON

*Fort Jackson
Garrison
Commander*



ing 5450, Room 213, but interviews must be completed and scheduled before attending.

FACT OF THE WEEK

The caffeine in energy drinks acts as a diuretic. Energy drinks should not be used as a source of hydration during a workout.

To submit questions for "Ask the Garrison Commander," call 751-2842, or e-mail scott.nahrwold@us.army.mil.

LEADER INFORMATION

The *Leader* welcomes reader submissions. When submitting an article, photo or announcement, please adhere to the following deadlines. Send all submissions to FJLeader@conus.army.mil.

☐ Article submissions are due two weeks before the scheduled publication. For example, an article for the Jan. 21 *Leader* must be submitted by today.

☐ Announcements are due one week before the

scheduled publication. For example, an announcement for the Jan. 21 *Leader* must be submitted by Jan. 14.

☐ Follow us on Twitter at www.Twitter.com/Fort-JacksonPAO. Become a "fan" by visiting www.Face-book.com and search "Fort Jackson Leader."

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No flu detected in returning Soldiers

By KRIS GONZALEZ
Fort Jackson Leader

More than 5,200 Basic Combat Training and Advanced Individual Training Soldiers returned from block leave this week, some rejuvenated and ready to continue training, others bringing high morale and holiday cheer.

But one thing none of those Soldiers brought back was the flu — something Fort Jackson leaders worked overtime last year to prevent.

Before heading out for block leave, which began Dec. 17, in addition to their usual safety briefings, Soldiers received both seasonal and H1N1 flu vaccinations.

The result? Of the thousands of Soldiers returning to Fort Jackson, only seven were sent to the Urgent Care Clinic. None of those Soldiers were determined to have the flu.

Although Soldiers were vaccinated prior to leaving, as an added precaution, Soldiers filing into the Solomon Center earlier this week had an extra step in their in-processing.

In addition to the usual scanning of military identification cards, returning Soldiers were evaluated at a medic screening station set up to discern and monitor anyone experiencing or recovering from flu-like symptoms.

The medic screening station was a way to double check and identify Soldiers who were sick and get them treated before immersing them in the general population of Soldiers, said Master Sgt. Keith Green, 171st Infantry Brigade operations noncommissioned officer-in-charge.

Once at the station, Soldiers were asked to describe any ailments. Medics took the temperatures of Soldiers describing or displaying cold or flu-like symptoms. Soldiers with a fever of 100.1 or higher were sent to the Urgent Care Clinic to have their throats swabbed. The swabs were then used to test for the flu or other illnesses.

Time spent at the station was relatively short, adding only a few minutes to the signing-in process for most Soldiers, unless they were among the few who were found to be very sick.

“Our mission is to ensure the Soldiers get to where they need to go safely and as quickly as possible,” said Staff Sgt. Billy Gibson, with the 171st. “We understand they’ve been traveling for a while; they’re hungry and they’re tired. We

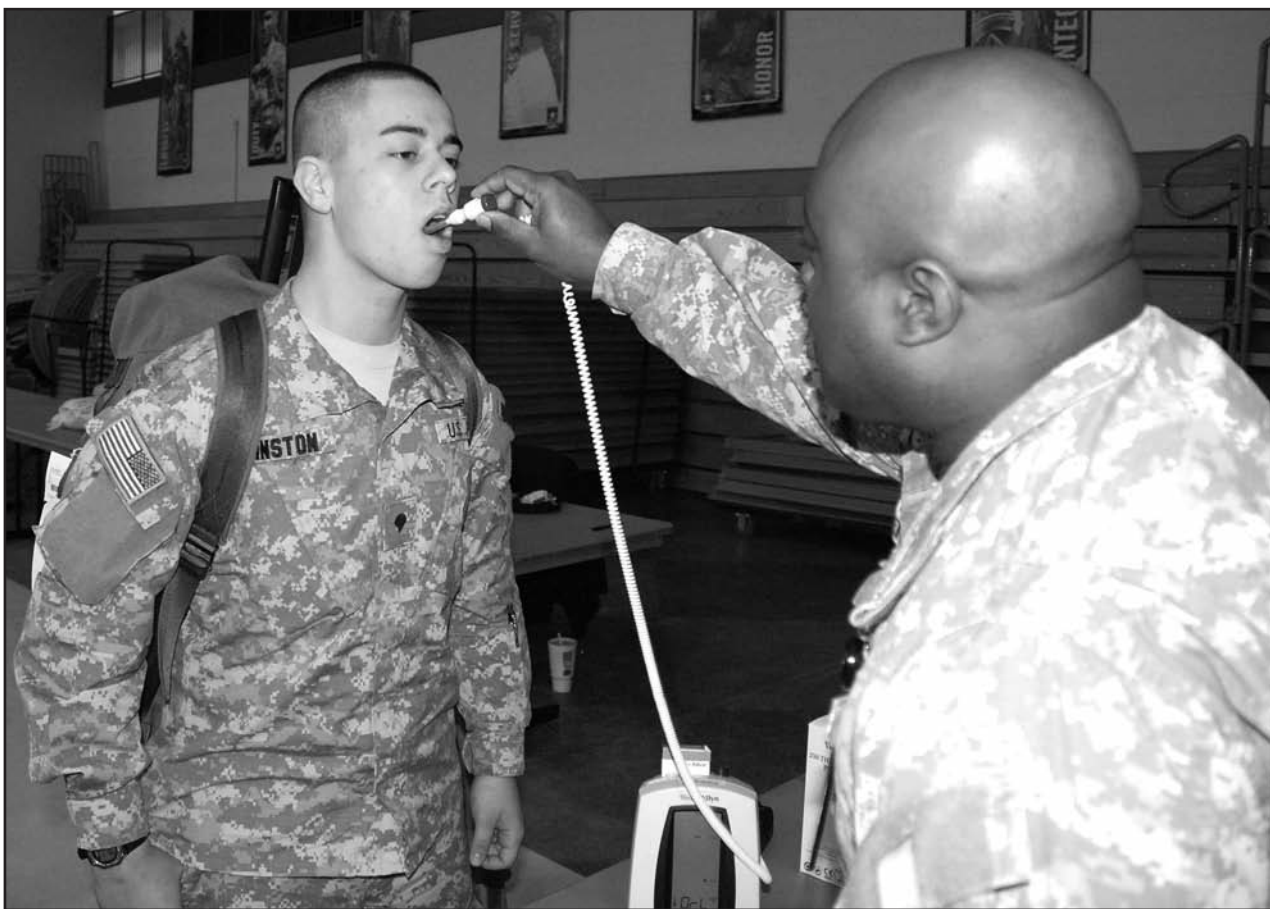


Photo by KRIS GONZALEZ

Spc. Mark Johnston, Company C, 369th Adjutant General Battalion, has his temperature checked by Sgt. William Jenkins, a medic with Fort Jackson MEDDAC, Jan. 3 at the Solomon Center.

want their wait to be no longer than 10 or 15 minutes.”

Pvt. Adam Saucier, Company D, 2nd Battalion, 39th Infantry Regiment, said he felt nauseated when he arrived at the center, but when checked by medics, he didn’t have a fever.

“It must have been something I ate along the drive,” said Saucier, who drove 10 hours from his hometown Destin, Fla.

Saucier said despite his stomach pains, he was glad to be back to training. With only three weeks left, he will gradu-

ate BCT Jan. 22 and go to AIT at Fort Sill, Okla. to become a cannon crew member. He said joining the Army was one of the best decisions of his life, second only to marrying his wife, Kelly, who is six months pregnant with their first son. Saucier said he and his wife are excited about their new life in the military.

“It’s a good way to support your family, a good chance to travel, and you get good medical insurance,” he said laughingly.

Kris.Gonzalez1@us.army.mil

Luncheon pays tribute to Martin Luther King Jr.

By SHARONDA PEARSON
Fort Jackson Leader

Martin Luther King Jr. said, “If we are to go forward, we must go back and rediscover those precious values. ...”

That is exactly what the 171st and 193rd Infantry Brigades plan to do during the Martin Luther King Jr. Observance Luncheon — commemorate and reflect on the morals King personified and his invaluable contributions to social justice.

“Dr. Martin Luther King espouses what equality and mankind should be. That is why we celebrate and honor him,” said Master Sgt. Chanley Pickard, the 193rd Inf. Bde. equal opportunity adviser. “This day is not just about the African American community. Dr. King wanted equality for all mankind,” he said.

King was a prominent leader during the African American civil rights movement

during the 1950s and ’60s.

King, who was assassinated in 1968, was awarded the Nobel Peace Prize in 1964 for his iconic efforts to end racial segregation and discrimination in America.

The tribute to King’s legacy is scheduled from 11:30 a.m. to 1 p.m., on Jan. 14 at the Solomon Center.

Highlights include guest speaker Todd Shaw, an associate professor of African American Studies at the University of South Carolina, and music from the 282nd Army Band. King’s famous “I Have a Dream”



SHAW

speech, in which he detailed his vision of racial equality in America at the 1963 Civil Rights March on the nation’s capital, will also be played during the luncheon.

Shaw, who was chosen as this year’s guest speaker because of his role as educator and grassroots activist, said that the ability of King’s message to transcend time is the reason that we should continue to honor him.

“Dr. King’s message of social justice is timeless,” he said. “He was a brilliant and eloquent man who had the ability to say very powerful words in a simplistic way ... he set the example of what a leader should personify.”

He added that King helped lay the foundation for social equality, but that individuals must continue the struggle to end racial discrimination.

“He laid out the premises in 1963 that we should strive to no longer perceive each

other in terms of race. It is a standard we must continue to strive for,” he said.

Pickard said that he believes that the Army and its leadership’s support of diversity are helping to fulfill King’s dream.

“I feel the military is society’s social looking glass,” he said. “The Army allows us to serve together without bias and prejudice. If not for the military, a lot of companies would not have moved away from the old ways of no minorities in positions of leadership.”

Shaw also said that he feels the Army played an instrumental role in bringing society closer to achieving King’s vision of a world free of racial discrimination.

“The Army has been a component of our society that demonstrates that diversity and excellence can go hand-in-hand, and that it is possible for different races to work together to achieve a common goal,” he said.

Sharonda.Pearson@us.army.mil

Activities entertain holdover Soldiers

By SHARONDA PEARSON
Fort Jackson Leader

The nearly 200 Soldiers who remained on Fort Jackson during block leave participated in activities quite different from their normal 6 a.m. physical training, hours navigating confidence-building courses and practicing marksmanship.

Instead, Soldiers participated in an array of activities, including attending University of South Carolina men's basketball games, the Meineke Car Care Bowl in Charlotte, a free dinner at Golden Corral, a concert featuring popular local bands and shopping at the Village at Sandhill.

"This year is our best year yet of activities for the holdover Soldiers," said Jessie Stevenson, the Family and Morale, Welfare and Recreation program manager/coordinator of sponsorship and advertising sales.

Block leave began Dec. 17 and ended earlier this week.

Stevenson and other FMWR employees spent nearly two months planning the 14 days of events, and relied heavily on contributions from local sponsors.

"We tried to plan a lot of off-post activities so that the Soldiers have the opportunity to see what is going on within the local community."

Peter Alford, 16, who was responsible for organizing a Dec. 29 concert at the Solomon Center, said he was honored to be able to give back to the Soldiers.



Photo by SUSANNE KAPPLER

The band We Sail At Dawn put on a show during a concert Dec. 29 at the Solomon Center. The band was part of a lineup of local bands that performed for Soldiers who did not go home during block leave.

"My father is in the military, so I appreciate and understand all the things Soldiers do for us," he said. "I could not think of a better place to perform."

Alford is the drummer for the five-member Indie rock band "Kill Anties." The band, was one of four that performed at the concert.

Stevenson agreed that it felt great to do something for the holdover Soldiers that

would bring them joy during the holidays.

"There is nothing I would rather be doing during the holiday season because it is an opportunity to give back to the Soldiers who are constantly giving to us," Stevenson said. "It is priceless to see their smiles. They are so thankful for the little things."

Spc. Waleed Talia from Company D, 120th Adjutant General Battalion (Recep-

tion), said that all the activities made not going home for the holidays a little easier.

"I have no family members in the states; both my mom and brother still live in Baghdad. (Fort Jackson) is taking good care of us, which makes it feel like I am at home," he said.

While distance kept Talia from traveling home during block leave, it was the desire to hone physical training skills that kept Pfc. Casey Calvert from Company B, 3rd Battalion, 34th Infantry Regiment, at Fort Jackson.

"I came into the Army after doing no physical activity. I chose to stay here to work on making myself stronger physically and passing my (physical fitness tests)," Calvert said. "I don't want to get out of sync with military life."

Calvert said that block leave gave him the chance to maintain a happy balance between Army life and fun.

"The mornings are for military time, when we do physical activities and cleaning, but after that we get to participate in a lot of fun activities," he said.

He added that even while participating in the fun-filled activities, Army duties are never far from his mind.

"We are expected to act accordingly and adhere to the Army code of ethics at all times," Calvert said. "I would never want to disgrace the Soldiers who came before me, or the ones that will come after me."

Sharonda.Pearson@us.army.mil

Pay increases for active-duty, civilian workforce

Leader staff report

Active-duty personnel began to draw an across-the-board 3.4 percent pay raise Jan. 1.

A sergeant with five years of service, for instance, will see an increase in monthly base salary of about \$88. A captain with nine years of service would see nearly \$200 per month extra.

This year's raise is down from last year, which was 3.9 percent, according to the Defense Military Pay System Web site.

Civilian employees under the General Schedule pay plan are also receiving pay raises.

Civilians under the GS system get an across-the-board pay raise of 1.5 percent in 2010. Additionally, all civilian employees will receive an average .5 percent increase in locality pay, making this year's pay increase 2 percent for many civilian employees.

For Fort Jackson employees, the locality rate is 14.16 percent, which is 1.77 percent higher than last year's rate.

The 2010 military pay tables can be found at: <http://www.dfas.mil/militarypay/militarypaytables/2010MilitaryPayTable34.pdf>.

The 2010 civilian pay tables can be found at: <http://www.opm.gov/oca/10tables/pdf/gs.pdf>.

Chaplain Corps honors hero



Photo by STEVEN HOOVER, U.S. Army Chaplain Center and School

From left, Chaplain (Maj. Gen.) Douglas Carver, Army chief of chaplains, Sgt. Maj. Tommy Marro, chief of chaplains and regimental sergeant major, Command Sgt. Maj. Marylena McCrimmon, U.S. Army Chaplain Center and School command sergeant major and retired Col. Charles Murray, a Medal of Honor recipient, cut the ribbon to open the Calvin P. Titus Hall Dec. 17 at USACHCS. Titus received a Medal of Honor for his actions during the Boxer Rebellion.

Expanded services offered at vet clinic

By **STEVE REEVES**
Fort Jackson Leader

Patrons taking pets to the Fort Jackson Veterinary Treatment Facility will notice some changes that include a fee increase, as well as more comprehensive care.

"There is an increase in the focus on animals' (overall health)," said Capt. Bennett Arble, a Veterinary Corps officer at the Fort Jackson clinic.

The Veterinary Command merged with the Preventive Medicine Command in October to form the Public Health Command. This merger is expected to improve veterinary services.

The first major change patrons may notice is a move away from vaccination-driven appointments and a move toward emphasizing patient wellness and preventive care.

Wellness package appointments that are now being offered at clinics Armywide will provide comprehensive care to include a physical exam, routine diagnostics, client education and vaccinations.

"We want to make sure animals get ... more thorough examinations," said Sgt. Amanda Broome, vet clinic noncommissioned officer-in-charge.

Purchasing any of the wellness packages is optional. All veterinary services will con-

tinue to be offered "a la carte," and can be purchased individually.

The Fort Jackson clinic will benefit from the changes in that it is receiving high-tech equipment such as digital X-ray and ultrasound machines. Staff will also receive training so they can provide more services than were available in the past.

"We'll have more in-depth services and more client education," Broome said. "We're going to get to know people's pets better."

Another major change is the standardization of CONUS and OCONUS military veterinary clinics, meaning that clients can expect the same services for the same price no matter what installation they visit. This is expected to be a significant improvement in the consistency of care provided, Broome said.

As part of the standardization process, clinic charges will vary depending on who examines the pet, so patrons will pay a \$25 veterinary exam fee or a \$10 technician fee. Some other increases may also occur, Broome said.

The clinic is open to active duty military, retirees and their family members. For information, call the Fort Jackson Veterinary Treatment Facility at 751-7160.

Steven.Parrish2@us.army.mil.



Photo by STEVE REEVES

Capt. Bennett Arble, a Veterinary Corps officer, examines Keiko, a Persian cat, at the Fort Jackson Veterinary Treatment Facility Monday.

AER earns fourth consecutive four-star rating

From Army Emergency Relief

WASHINGTON — Army Emergency Relief recently earned its fourth consecutive four-star rating from Charity Navigator, the nation's largest and most-used evaluator of charities.

According to Charity Navigator, only 8 percent of the charities they rate have received at least four consecutive four-star evaluations. This coveted rating reflects AER's sound fiscal management and program efficiency in providing financial assistance.

In 2008, 91 cents of every dollar spent by AER was for the program costs involved in taking care of Soldiers and their families.

AER is the Army's own military aid society, founded in 1942 in response to the need for Soldiers and their families who were experiencing financial emergencies in World War II. Since its founding, AER has provided more than \$1.2 billion in financial assistance.

AER provides financial assistance for such needs as emergency travel, housing, car repair, food and utilities. With assistance provided in the form of a no-interest loans and grants, AER provides the Army a valuable resource in helping take care of Soldiers and their Families.

AER assistance is available to Soldiers and their families wherever they are located and the amount of assistance approved is only limited by a valid need. Soldiers and their family members requiring AER assistance need only con-

tact their chain of command or local AER office.

Under AER's Command Referral Program, company commanders and first sergeants have the authority to approve AER loans to their Soldiers up to \$1,000.

Based on reciprocal agreements, Soldiers and families not near an Army installation AER office can seek assistance from the Air Force Aid Society, Navy Marine Corps Relief Society, Coast Guard Mutual Assistance or a local chapter of the American Red Cross.

For more details on AER's assistance programs, contact the Fort Jackson AER Office by calling 751-5256 or send an e-mail to Angela.Crosland@conus.army.mil. The Fort Jackson AER office is located at 5450 Strom Thurmond Blvd., Room 120.

Chance of snow creates flurry frenzy

By KRIS GONZALEZ
Fort Jackson Leader

You might want to read the owner's manual on that old snow blower in the back of the garage. The National Weather Service is forecasting a 40 percent chance of snow tonight on post and in surrounding areas.

John Coynor, post force protection officer, said that the biggest problem Fort Jackson faces with this winter storm warning is not the half inch of snow predicted to accumulate, but the ice on area roads.

"Ice storms could cripple us," said Coynor. "It's a killer. It accumulates on trees; limbs could fall down and knock the power out. We could lose power for days.

"Road conditions are the biggest hazard," he said. "When the snow falls, roads get slippery. But when the sun melts the snow, the water freezes and we get black ice. Black ice, that's the real danger out there."

Black ice refers to a thin coating of glazed ice on a roadway. It gets its name because although it is transparent, it most often forms on black asphalt roads and is not easily seen by drivers or pedestrians.

Georges Dib, chief of the Directorate of Public Works' Operation and Maintenance Division, said in the case of a winter storm, there's enough salt and sand to keep Fort Jackson's roads and walkways safe for two



Photo by SHARONDA PEARSON

Carroll Matthews, who works with Palmetto Cable Contractors, said he wants to finish covering recently installed fiber optic cable before this evening. Snow is predicted to move into the area today.

to three days.

But the DPW is equipped with two loaders with shovel plates installed on the front end to scrape roads, and two dump trucks equipped with sprayers to scatter sand on the roadways, and salt on walkways and steps, Dib said. The DPW does not have snow plows.

"We're not equipped like we're in New York or upstate," Dib said.

"There's no reason to spend money on snow plows for the snow storm that comes to South Carolina only about every 10 years," Coynor said. "For a lot of South Carolinians, when they wake up and see that it has snowed, they think, 'Aw, it's so pretty.' They light up the fireplace, have some hot cocoa and celebrate it like a holiday."

Post employees and residents should

tune in to local radio or television stations for the status of Fort Jackson operations, he said. Any change to operations due to the weather will be determined by the commanding general.

School closings or delays will be decided by the garrison commander and notification will be sent through automatic telephone calls to parents, as well as the local media.

Notifications will also be available on the Fort Jackson homepage at www.Jackson.Army.mil and via Twitter. Follow www.twitter.com/FortJacksonPAO to receive updates.

In the likelihood of a snow or ice storm, the command group may require only key and essential personnel to come to work. Don't call force protection or the Emergency Operation Center to find out if you have to go to work, Coynor said. It's up to supervisors to decide who is key and essential in their own departments.

In the case of a power outage, and if there's a need, Soldiers are prepared to open up and operate shelters, Coynor said. But he cannot recall a time when there has been a need to set up a shelter because of a winter storm.

For any infrastructure problems, such as power outages or bursting pipes, call the DPW to request a service order at 751-7684.

Kris.Gonzalez1@us.army.mil

H1N1 vaccine now available for everyone on post

By KRIS GONZALEZ
Fort Jackson Leader

The H1N1 vaccine is now available to all DoD card holders at Fort Jackson.

As recently as December, the H1N1 flu vaccine was restricted by age, medical condition and job to ensure limited supplies went to those at higher risk of contracting the illness. But now the vaccine is available to anyone living or working on post.

Fort Jackson has about 20,000 doses of the H1N1 vaccine and about 9,000 doses of the seasonal flu vaccine left.

The Moncrief Army Community Hospital will offer the vaccine free at the flu clinic at the Solomon Center for anyone 4 years or older. The only thing required is a valid DoD identification card.

"We would like to have all active duty on post vacci-

nated by the end of January, except (BCT Soldiers), whom we will continue to vaccinate as they start training," said Maj. Soo Kim-Delio, MACH's Flu Team officer-in-charge. "We will continue to vaccinate Soldiers, civilians and beneficiaries until the end of the flu season as long as we have the vaccine available.

The flu clinic hours are Monday, 8 a.m. to 2 p.m.; Wednesday, 10 a.m. to 5 p.m.; and every other Saturday, starting Jan. 9, 8 a.m. to 2 p.m.

Children who are 3 years old and younger must receive their vaccinations from the Family Health Clinic at the MACH, Kim-Delio said.

Since October, medical teams have been sent to units to vaccinate Soldiers for the seasonal flu. In November, they began H1N1 vaccinations.

All Basic Combat Training and Advance Individual Training Soldiers were vaccinated against H1N1 before

block leave began Dec. 17.

Any remaining Soldiers who have not been inoculated against either the seasonal or H1N1 strains are asked to go through their units to get vaccinated, rather than visit the flu clinic, Kim-Delio said.

So far, 12,000 military personnel and 2,000 civilians at Fort Jackson have received H1N1 immunizations, Kim-Delio said. Another 22,000 military personnel and 7,000 civilians have received seasonal flu vaccinations, she said.

Most doses of both the seasonal and H1N1 vaccines are in nasal spray form. Because the injectable doses are limited, they are only available for those with high-risk medical conditions and weakened immune systems.

Kim-Delio recommends that those who haven't been inoculated get vaccinated before another possible outbreak of H1N1 this spring.

Kris.Gonzalez1@us.army.mil

Family members discuss concerns

Customer Management Service, in partnership with Army Family Action Plan, facilitated a family member focus group at the Family Readiness Center recently.

The purpose of the focus group was to provide a forum for delegates to raise issues that affect all family members in the Fort Jackson community.

Three issues were prioritized during the focus group:

- Issue:** Magnet program enrollment
- Scope:** Incoming military students are unaware of magnet programs and open enrollment is unavailable. The deadline for enrollment does not coincide with varying change of duty station dates. Military dependents are losing advanced educational opportunities, which has devastating effects on secondary education and employment.
- Recommendation:** Allow open enrollment into the magnet program for military

CUSTOMER SERVICE CORNER

- children.
- Issue:** Increase access to local specialty care
 - Scope:** Military family members requiring specialty appointments need to have access to local care.
 - Currently, family members are required to travel out of town when specialty care (i.e. pediatric orthopedics, neurology) is locally available.
 - Traveling to out-of-town appointments causes hardship on families because of missed school and work, and travel expenses.
 - Recommendation:** Let all military family members obtain timely local care when

ICE APPRECIATION

The garrison congratulates Defense Military Pay Office, specifically Finance Customer Service Section; and Directorate of Human Resources, specifically Personnel Operations Work Center (awards, transitions, separations, casualty). For a 12-week period, these agencies achieved a 4.54 and a 4.95 rating respectively, out of a possible 5.0 in employee/staff attitude. This is an outstanding performance in customer service.

- seeking specialty treatment.
- Issue:** Unsafe commute to schools because of construction
 - Scope:** Ongoing construction is negatively affecting on-post elementary school students' commute to and from school. Ongoing construction has eliminated side-

walks and has forced children to walk extended distances and requires them to walk near dangerous construction vehicles and debris. Children need a safer route to and from school.

Recommendation: Maintain clear access to all sidewalks during construction. Prevent construction vehicles from entering and exiting work sites during the morning and afternoon commute.

Other issues raised included: incorporating spouse team sports into Family and Morale, Welfare and Recreational activities; lack of primary care providers for pediatric and family health clinics at Moncrief Army Community Hospital; and accommodating families whose child needs an X-ray while other children are present.

All issues will be fully developed and then staffed out to the appropriate action agencies for responses, which will be provided at a later date.

Housing Happenings

COMMUNITY UPDATES

- ☐ Balfour Beatty Communities has extended its office hours. The new hours are Monday-Thursday, 7:30 a.m. to 6 p.m.; Friday, 7:30 a.m. to 4:30 p.m.
- ☐ LifeWork events are free and open to all residents. To register, or for more information, e-mail cowilliams@bbcgrp.com or call 738-8275. Join the LifeWorks e-mail list and stay informed. Stop by the management office for a calendar of events. Visit www.ftjacksonfamily-housing.com.
- ☐ Balfour Beatty Communities is now leasing to single Soldiers E5 (promotable) and above. A limited number of apartments are available on Thomas Court for single Soldiers. Call 738-

- 8275 for details.
- ☐ Currently, housing for captains attending January's captain's career course is not available at Howie Village because of demolition and construction. Housing is available on Willett Road.
 - ☐ Kids day, every Thursday, 10 a.m., Community Management Office.

DEVELOPMENT UPDATES

- ☐ Retaining Walls
- In addition to the fences, Balfour Beatty will plant large holly bushes at the end of each retaining wall to deter children from walking along the top. The landscaping will be in place before families are assigned to the homes.

News and notes

- SHRED DAY**
- The Fort Jackson Recycling Center has scheduled a Shred Day from 9 a.m. to 1 p.m., Wednesday, in the Recycling Center Parking lot (Building 5671 off Lee Road). Bring any sensitive or personal documents that need shredding. Call 751-4208 for information.
- FCC ORIENTATION**
- Family Child Care orientation is scheduled from 8 a.m. to 4 p.m., Jan. 25-29, at the Joe E. Mann Center. Register by Jan. 18 at 751-6234.
- MYPAY**
- The new myPay security enhancements are being released. Users will be required to establish new login IDs and passwords. An e-mail with detailed instructions will be sent to users after the implementation. Call 888-DFAS411 for information or questions.

LEADER INFORMATION

- ☐ Article submissions are due two weeks before the scheduled publication. For example, an article for the Jan. 21 *Leader* must be submitted by today.
- ☐ Announcements are due one week before the scheduled publication. For example, an announcement for the Jan. 21 *Leader* must be submitted by Jan. 14.
- ☐ Send all submissions to FJLeader@conus.army.mil.
- ☐ For more information on how to submit articles or announcements, call 751-7045.
- ☐ For questions regarding advertising or subscrip-

tions, including classified ads, call (803) 432-6157 or (800) 698-3514. Classified ads can be faxed to (803) 432-7609, Attn: Leader classifieds or mailed to The Fort Jackson Leader, P.O. Box 1137, Camden, S.C. 29021.

To submit a classified ad via e-mail, send it to skaress@ci-camden.com. Classified ads are free for service members who are selling personal items. Please limit the ad to 40 words.

☐ Are you interested in knowing what's going on at Fort Jackson? Follow us on Twitter at www.Twitter.com/FortJacksonPAO. Log on to your Facebook account and become a Leader "fan" by visiting <http://bit.ly/10gj2x>, or go to www.Facebook.com and search "Fort Jackson Leader."



Jan. 8 — 6 p.m.	
Ninja Assassin	R 131 min.
Jan. 9 — 6 p.m.	
Armored	PG-13 88 min.
Jan. 10 — 6 p.m.	
Ninja Assassin	R 131 min.
Fort Jackson Reel Time Theater (803) 751-7488 Closed Monday, Tuesday and Wednesday	Ticket admission ADULTS \$4 CHILDREN (12 and younger) \$2 Visit aafes.com for listings

Yoga helps vets find balance

By **STEVE REEVES**
Fort Jackson Leader

For Roslyn Reese Moran, a horrible accident in the early days of the Iraq war remains fresh in her mind.

A platoon sergeant in 2003, Reese Moran was in an Army transportation company, responsible for refueling trucks that carried critical supplies to Soldiers.

One day while out on a mission, as usual, small children ran up to the trucks and asked for food and water.

But on this particular day, one of the trucks accidentally ran over a small child.

"To see that kid die just tore my heart out," said Reese Moran, who is now retired from the Army. "I had a real problem after that being around kids. When I got back, I was really angry."

She went to the Veterans Administration seeking medical care in 2008 after her retirement and, like 20 percent of today's combat veterans, was diagnosed with post-traumatic stress disorder. Specifically, she was suffering from bereavement and anxiety, doctors told her.

"I had been suppressing all my memories," Reese Moran said.

That's when she was invited to try a new program at Fort Jackson, one that uses the ancient practice of yoga to help Soldiers who have been diagnosed with PTSD decrease physical and mental tension.

Soldiers who are diagnosed with PTSD or other anxiety disorders are referred to the program. About 15 Soldiers have participated in Fort Jackson's program so far.

Skeptical at first, Reese Moran gave it a try and was immediately impressed.

"It works," she said. "We're learning to deal with those memories that were suppressed."

Alison Thirkield, a clinical psychologist with Joint Mental Health Services, Moncrief Army Community Hospital, works with Soldiers like Reese Moran who have post-deployment issues such as PTSD. To treat PTSD among combat veterans, the military is exploring alternative methods, such as yoga.

Yoga uses meditation, deep relaxation, gentle stretching and breathing to reduce physical, emotional and mental tension. It has been found to be useful in helping people to deal with anxiety caused by traumatic events.

"Yoga is a different way of getting in and trying to address these symptoms," Thirkield said. "Yoga can teach Soldiers very concrete relaxation strategies. It's grounded in many of the same principles that therapy is grounded in."

Walter Reed Army Medical Center treats Soldiers diagnosed with PTSD with yoga at its Specialized Care program. First introduced at Walter Reed in 2006 as part of the Army's aggressive approach in dealing with the mental and physical problems facing



Photo by STEVE REEVES

Ginger Doughty instructs a recent yoga class at City Yoga in downtown Columbia. Doughty works with Soldiers and former Soldiers who have been diagnosed with post-traumatic stress disorder. The Army is increasingly turning to yoga and other alternative treatments to deal with anxiety disorders related to combat.

CAMPAIGN PLAN FOCUS



The yoga program supports the campaign objective "mitigate effects of persistent conflict" (7.0 on the strategy map). Quality of life is one of the three lines of operation of the Fort Jackson campaign plan.

many returning combat veterans, yoga is now used at treatment centers across the Army.

Yoga can be very beneficial in calming the autonomic nervous system, which controls a person's "fight-or-flight" response to stress, Thirkield said.

"The fight-or-flight system in combat gets activated so often that it sometimes gets stuck," Thirkield said. "Yoga is a very effective way to quiet down the autonomic nervous system."

Ginger Doughty, a yoga instructor in Columbia, has been working with Soldiers suffering from anxiety, depression, insomnia and other symptoms of PTSD, as well as chronic pain. She leads a two-hour group class once a week on post.

Doughty said yoga's emphasis on the mind-body connection helps PTSD sufferers deal with their symptoms.

"It's a life-changing experience," Doughty said. "You still have problems, but yoga teaches you to flow around them a little better."

Yoga's emphasis on breathing techniques

and proper body alignment can help Soldiers with PTSD deal better with anxiety attacks, she said.

"Yoga helps them to realize that those feelings will pass," Doughty said. "It teaches them that they already have all the tools they need to get through those episodes."

Doughty said she is convinced that yoga will become a standard tool in dealing with anxiety issues for Soldiers.

"I don't think this will work for everybody, but I firmly believe it will work for most people," she said.

The program has already made a difference in her life, Reese Moran said, helping her to feel more like the person she was before she went to Iraq.

"It's helping me to cope with those old memories," she said. "I've been able to accept the new person that I am and reconnect with the old person I was."

Steven.Parrish2@us.army.mil

January Promotions

Name	Rank	Name	Rank	Name	Rank
ANGELL, Michael V.	LTC	RISSLER, Jason A.	MAJ	GREGORY JR., Larry	MSG
MARTINEZ, Cheryl L.	LTC	SHADOWENS, Robert J.	MAJ	HOWELL, William D.	MSG
WHEELER, Randy R.	LTC	SHEFFIELD, James D.	MAJ	HUNT, Dudley R.	MSG
BONCICH, Vincent J.	MAJ	THOMAS, Benjamin R.	MAJ	MEADE, Tandra R.	MSG
BURKES, James R.	MAJ	THOME, Thad M.	MAJ	MOLINABARBOZA, Javier A.	MSG
COX JR., Jacob H.	MAJ	TYRRELL, Nalonie J.	MAJ	SHANNON II, David R.	MSG
DURRANT, Eric N.	MAJ	WITKOWSKI, Paul W.	MAJ	ADDISONMOORE, Janice E.	SFC
GALLETTA, Clark M.	MAJ	AMOS, Florence S.	1LT	ALLEN, Taniquewa T.	SFC
GRAHAM, Matthew W.	MAJ	BECKFORD, Ryan O.	1LT	ALVARADO, Adrian	SFC
GRONDSKI JR., Alfred C.	MAJ	BOYD, Cornelius D.	1LT	BROWN, Marcus	SFC
GUTTING, Darrick M.	MAJ	CRAWFORD, Evevetta L.	1LT	MACIAS, Fernando	SFC
HALL, Matthew A.	MAJ	MEDINE, Thomas Dermot R.	1LT	NELSON, Chasitie S.	SFC
HAMBRICK, Vinita E.	MAJ	NULPH, Lindsay A.	1LT	RILEY, Dwight H.	SFC
HANLON, Thomas M.	MAJ	PEARSON, Charles R.	1LT	THOMAS, Bobby L.	SFC
HESTER, Johnathan W.	MAJ	REED, Michael R.	1LT	JACQUES, Esther	SSG
JACK, Logan R.	MAJ	RETTZO, Francis J.	1LT	LOWE, Khameiah N.	SSG
JOHNSON, Forest A.	MAJ	RICH, Deleon A.	1LT	MAGLES, Darren J.	SSG
JOHNSON, Nathan P.	MAJ	RICHARDSON, Harold K.	1LT	MCCARGO, Leon L.	SSG
KAPLAN, Juan Carlos S.	MAJ	SOTILLEO, Salome	1LT	SIMPSON, Jamaal	SSG
KICK, Andrew R.	MAJ	THOMAS, Barry J.	1LT	WASHINGTON, Curtis	SSG
LOPES, John F.	MAJ	WARD, Jonathan M.	1LT	WYATT, Andrew P.	SSG
MATTHEW, Christopher P.	MAJ	WARREN, Ladonna Y.	1LT	BEATON, David A.	SGT
MCLEARN, Scott D.	MAJ	WEBB, Matthew J.	1LT	BOYLES, Joey L.	SGT
MOLINAGALLARDO, Alberto J.	MAJ	WHITFIELD, William A.	1LT	PHILLIPS, Christopher	SGT
PHEASANT, David A.	MAJ	WRIGHT, Daviada M.	1LT	TAYLOR, Jeremy M.	SGT
PILLAI, Chad M.	MAJ	WALLACE, Jacqueline L.	CW5		
PINTO, Hans H.	MAJ	RAAP, Gary L.	CW3		

Calendar

Wednesday
Retired Officers Wives Club luncheon
11:30 a.m., Officers’ Club
RSVP by 3 p.m., Friday, at 783-1220 or 788-1094.

Thursday, Jan. 14
Martin Luther King Jr. Day luncheon
11:30 a.m., Solomon Center

Thursday, Jan. 21
Retention Awards Luncheon
11:30 a.m., Officers’ Club
Purchase tickets from the Installation Retention Office or brigade career counselors.

The Rocks Inc. meeting
5:30 p.m., Post Conference Room
RSVP by Jan. 20 at 751-1898.

Wednesday, Jan. 27
Guest speaker series
3 p.m., Fort Jackson Theater
Mandatory for company commanders, first sergeants and above.

Housing events

All events are held in the Balfour Beatty Communities management office unless otherwise specified. For more information, call 738-8275.

Today
Kids’ Day
10 a.m.
Arts and Crafts

Tuesday, Jan. 12
Neighborhood Huddle
5:30 p.m.

Thursday, Jan. 14
Neighborhood Huddle
10 a.m.

Thursday, Jan. 14
Neighborhood Huddle
10 a.m.

Monday, Jan. 18
Offices closed for Martin Luther King Jr. Day

Tuesday, Jan. 19
National Popcorn Day
11 a.m. to 3 p.m.

Announcements

SOUL LINE DANCING
Soul line dancing begins Tuesday. Classes are 6-7 p.m., every Tuesday and Friday at the Solomon Center.

MILITARY CHILDREN SCHOLARSHIP
Scholarship applications for the 2010

Scholarships for Military Children Program are available at <http://www.commissaries.com> or at <http://www.militaryscholar.org>.

Unmarried dependent children younger than 21 (or 23 if enrolled as a full-time student at a college or university) of active duty, Reserve, National Guard and retirees are eligible. Applications are due Feb. 17. One scholarship per store will be awarded.

This year’s essay topic: “You can travel back in time; however, you cannot change events. What point in history would you visit and why?”

1ST BCTG POSITIONS AVAILABLE
The 1st Battle Command Training Group Army Reserve is relocating to Fort Jackson. The unit is currently recruiting for Soldiers, staff sergeant through lieutenant colonel, regardless of military occupational specialty or branch. For more information, call 205-987-8443, ext. 4414; 205-444-5208/5163; or e-mail: John.R.Walker@usar.army.mil, Larry.Kingsr@usar.army.mil, or Karlos.Parker@usar.army.mil.

SURVIVOR OUTREACH SERVICES
Survivor Outreach Services are available for any survivor of a fallen active duty Soldier, including: parents, children, siblings and ID card holders from other branches of the military. Services are available regardless of when the loss occurred. Call 751-4867/5256.

RED CROSS RELOCATION
The American Red Cross has relocated to 2464 Anderson St., Tower 4, third floor. The building is located behind the Shopette on Marion Avenue. Hours of operation are 7:30 a.m. to 4:30 p.m.

VTC CENTER RELOCATION
The Installation Video Teleconferencing Center is relocating to Building 7533. VTC studio services will be unavailable until Monday. Call 751-4632 for information.

MAIL HANDLERS COURSE
The Mail Handlers Course is scheduled for Tuesday, Jan. 26 and Feb. 10 at the Fort Jackson Education Center, Room B206. The Mail Orderly Course is scheduled from 8:30-9:15 a.m. and the Mail Clerk Course is scheduled from 9:30 a.m. to noon. Advance enrollment is necessary. Call 751-5335 for information.

FREEDOM AWARD NOMINATIONS
Nominations for the 2010 Secretary of Defense Employer Support Freedom Award are being accepted through Jan. 18. The award is the highest recognition given by the federal government to employers for their outstanding support of employees who serve in the National Guard and Reserve. For nomination information, visit www.freedomaward.mil, or call 703-

380-9262.

THRIFT SHOP
The Thrift Shop hours of operation are 9 a.m. to 3 p.m., Tuesday and Wednesday, and Thursday, 9 a.m. to 5 p.m. Consignments are accepted until 12:30 p.m., Tuesday, Wednesday and Thursday.

COME SEE YOUR ARMY TOURS
“Come see your Army” monthly tours provide the community with an opportunity to attend a Basic Combat Training graduation; observe Soldiers in training; get hands-on experience with a state-of-the-art weapons simulator system; eat lunch at a military dining facility; and shop for souvenirs. Call 751-1474/5327.

TRIBUTE TO FREEDOM
Operation Tribute to Freedom is an outreach program designed to work in conjunction with Public Affairs Offices to honor Soldiers who have or are currently serving in support of Operation Iraqi Freedom/Operation Enduring Freedom through media, speaking and event opportunities. Call 751-5327 for information.

LEADER ANNOUNCEMENTS

Community submissions to the *Leader* should be typed and no more than 45 words.

☐ Announcements are due one week before the scheduled publication. For example, an announcement for the Jan. 14 *Leader* must be submitted by today.

☐ Send all submissions to FJLeader@conus.army.mil.

Chaplain schools agreement



Photo by STEVE HOOVER, U.S. Army Chaplain Center and School

Chaplain (Col.) Samuel J.T. Boone, U.S. Army Chaplain Center and School commandant, signs the Armed Forces Chaplaincy Center Memorandum of Agreement, Dec. 14, along with Air Force Chaplain (Col.) Steven Keith, Air Force Chaplain Service Institute commandant and Navy Chaplain (Capt.) Michael Langston, Naval Chaplaincy School and Center commanding officer.

Annual fitness challenge yields weight loss, prizes

By **PAM GREEN**

Family and Morale, Welfare and Recreation

For some, the coming of a new year signals new starts and resolutions. For Family and Morale, Welfare and Recreation, New Year's Day signaled the start of the third Annual FMWR Fitness Challenge. This event, which runs until April 1, is a great opportunity to get your health under control.

There are three categories to choose from — weight loss, lifestyle or fitness. By targeting the area in which the most improvement is needed, the challenge can be targeted toward each participant's individual needs and goals. The winner in each category wins a \$250 gift card. The program began Jan. 1. Registration in the FMWR fitness program is required for participation. Stop by the front desk at the Solomon Center to register.

The FMWR fitness challenge is one of the organization's great fitness programs. The Fitness Department is a great place to get a new fitness routine started or take fitness to a new level. The department offers various programs to bring you variety and, in time, results. On a physical level, the Fitness Department offers a variety of classes — in-

cluding boot camp, stepping, yoga, Zumba, soul line dancing, body sculpting, spinning and more. Classes are offered morning, noon and evening and there are workouts to accommodate all levels of fitness, physical needs and schedules.

Visit www.fortjacksonmwr.com for details. Just click on fitness and then click fitness again to gain access to a variety of classes and programs designed with you in mind.

In addition to the numerous fitness classes, the Fitness Department offers weekly fitness and, nutritional lectures at the Thomas Lee Hall Library. Join in healthy eating with "Dining out without pigging out," a monthly restaurant field trip. Try "Get Ripped" circuit training at lunch time at Coleman Gym and Andy's Fitness Center. New to the Fitness Department is "Fit to Read," a monthly, healthy living book club and "Trailblazers," a monthly outdoor walking event.

You must be a member of the aerobics program in order to participate in our fitness classes. Membership is \$20 per month.

Editor's note: Pam Green is a certified fitness trainer for Family and Morale, Welfare and Recreation's Sports, Aquatics and Fitness.

FMWR calendar

THURSDAY

- ☐ Visit Century Lanes for food, fun and bowling.
- ☐ Magraders Pub and Club is open for lunch.
- ☐ Victory Bingo, 2-11 p.m.
- ☐ Sleepy story time, 6:30-7 p.m., post library. Come in your PJs and go home ready for bed.
- ☐ Hit the trail with the EDGE! Biking 101, 4-6 p.m., Youth Services Center

FRIDAY

- ☐ Artistic Expressions with Jake, 6:30 p.m., Teen Room at the Youth Services Center.
- ☐ Visit the Officers' Club, 11 a.m. to 1:30 p.m. for the Blue Plate Specials.
- ☐ Get Brown around the EDGE! with baking classes, 5-6:30 p.m. Open to 11-18 year olds. Free for middle school students and teens.
- ☐ Dance to a variety of music provided by DJ Randall at Magraders Club, 9 p.m. to 3 a.m. Magraders Club is located in the back of Magraders Pub. Cover charge is \$5 for civilians and \$3 for military.

SATURDAY

- ☐ Step Team practice, 2 p.m., dance room at the Youth Services Center.
- ☐ Victory Bingo, starts at 4 p.m.
- ☐ Classic Soul Saturday, 9:30 p.m. to 2 a.m., Excalibur Room at the NCO Club. Cover charge is \$5 for civilians and \$3 for military.
- ☐ Deer stand repair day. Help out, 8 a.m. to 3 p.m. Meet at Marion Street Station.

SUNDAY

- ☐ Family day at the Youth Services Center, 2-6 p.m.
- ☐ Traditional brunch, 11 a.m. to 1:30 p.m., Officers' Club. Coat and tie are no longer required. T-shirts, running attire and flip flops are not permitted. Call 751-4906/782-8761 for reservations.
- ☐ Victory Bingo, 10:30 a.m. to 8 p.m.

TUESDAY

- ☐ Victory Bingo is closed.
- ☐ Hit the trail with the EDGE! Biking 101, 4-6 p.m., Youth Services Center
- ☐ The EDGE! DiY Beauty, 3:30-5 p.m. For ages 11-18. Free for middle school students and teens.

WEDNESDAY

- ☐ Visit the Officers' Club, 11 a.m. to 1:30 p.m. for Mongolian BBQ buffet.
- ☐ Get your party on at the NCO Club, 8 p.m. Cost is \$5 for military, \$7 for civilians.
- ☐ Learn more about nutrition. Join the discussion, 4-6 p.m., Post Library.

ONGOING OFFERS

☐ Child, Youth and School Services provides free child care and youth programming on Saturday for active-duty parents who must work to meet mission requirements and parents who are in the National Guard or Reserve during battle training assembly. Child and youth programming is available to other parents at an hourly or daily rate.

☐ Enjoy resort accommodations for between two and six people with the Armed Forces Vacation Club for less than one would pay for some hotels. For details, call the reservation center at (800) 724-9988. Be sure to say you are a first-time Armed Forces vacation caller.

Fort Jackson is installation number 164.

ARMY FAMILY COVENANT: Keeping the Promise

“For us, the Army Family Covenant means better after school programs like dance for me and sports for my brother.”

MALENNIE AND BRYAN, U.S. Army Kids



It's about honoring our commitment to Soldiers and Families.

Visit ARMYOneSource.com to see what the Army Family Covenant can mean for you or someone you know.

Gangs affect all socioeconomic groups

By **KEISHA MCCOY-WILSON**
Army School Liaison Officer

School-age children are introduced to many varying ideals that are far different than some parents may think. The demographic makeup of schools across the country provides a wealth of creativity and diversity that serves as a “melting pot” for recognizing and respecting different cultures.

Some parents may agree that it is important for school children to socialize with a diverse group of peers. As parents send their children off to what some would consider

a “safe place,” the thought of gangs in their school would probably never cross their minds. Would you as a parent be able to recognize gang identifiers?

Gang affiliations are no longer considered an urban phenomenon. Gangs are now located in smaller rural communities and in some cases going unnoticed. Gang affiliations have sparked a significant increase since the 1970s.

In the past, gang members were thought to have come from families of single parent homes with an absent male presence or poor socioeconomic status. Today, that is no longer true. Children as young as elementary school students are being introduced to gangs.

And as those from varying backgrounds begin to affiliate themselves with gangs, it has been increasingly difficult to identify those at risk of becoming gang members.

Parents must be aware of gang identifiers, such as graffiti, signs, symbols, and tattoos and talk with their children often about their school activities and social alliances.

To think that your child would never be involved in a gang gives gangs the opportunity to develop in your community.

For more information about identifying gangs and gang members, contact your local sheriff’s department gang task force team.



FORT JACKSON SCHOOLS

Jan. 15: Staff development (no school)

Jan. 18: Martin Luther King Jr. Day (no school)

RICHLAND ONE

Jan. 11: End of second reporting period

Jan. 13: Delayed start for high schools

Jan. 18: Martin Luther King Jr. Day (no school)

Jan. 20: Report cards issued

Jan. 27: Early dismissal for elementary and middle schools

RICHLAND TWO

Jan. 14: End of second reporting period

Jan. 15: Teacher work day (no school)

Jan. 18: Martin Luther King Jr. Day (no school)

— Magnet and expanded choice fairs are being conducted throughout the district during scheduled dates in January. Applications will be available online through Jan. 29. For more information, visit www.richland2.org. Information is also available at the Central Enrollment Office at the Joe E. Mann Center.

— Richland Two is currently verifying the addresses of all K-12 students. All kindergartners and students new to the district must provide three verifying documents of residency. Students currently enrolled must provide one verifying document. Acceptable proof includes: a current electric bill, land line phone bill, water bill, cable/satellite bill, completely executed rental lease or real estate purchase contract. Details can be found at www.richland2.org. Waiting to verify a student’s address, could delay the date the child starts school next year. For more in-

formation, contact your child’s school or call the district registrar at 738-3314.

ONLINE TUTORING

Military-connected students can register for free tutoring service provided by the Army. The cost occurs to the Army when the tutoring service is provided.

The link is: <http://www.myarmyonesource.com/ChildYouthandSchoolServices/CYSServicesOnlineTutoring/default.aspx>

For students to get their own password, they need to go to myarmyonesource/cyss_tutor and follow the directions. They will be asked for garrison name, e-mail address, and gender. They then will be given a specific password, sent to their e-mail addresses.

The garrison will be credited with a census count for each student who logs on and then the count will continue throughout the year.

HOMESCHOOLERS

❑ For more information on home schooling in South Carolina, visit: http://www.hsllda.org/laws/analysis/South_Carolina.pdf.

❑ For more information about Fort Jackson’s Home School Group, contact Bethany Storlazzi at 419-0760 or e-mail johnlazzi@yahoo.com. Fort Jackson homeschoolers meet once a week throughout the school year.

SCHOOL AGE SERVICES

School Age Services is based at the Youth Services Center. It operates before and after-school options during the public school year for grades one through five, and full-day options during the summer months.

The before school program operates from 4:30-8 a.m. and provides transportation or escort services to the Fort Jackson elementary schools and select off-post schools. After school options operate from 2:30-6:30 p.m., including pick-up services from Fort Jackson schools and off post schools. During teacher in-service days and school holidays, the pro-

gram operates from 4:30 a.m. to 6:30 p.m.

The curriculum is based on four service areas: fitness and sports, life skills and citizenship, leisure and recreation, and mentoring and support. Typical activities include the computer lab, homework assistance, leisure time, sports and fitness activities, arts and crafts, instructional classes and club time.

Whether enrolled in the before or after school program or not, children are encouraged to participate on Preteen Council and assist staff in programming activities and events for their age group. Child, Youth and School Services registration includes 10 free hours a month as well as operating hours on Saturday and Sunday. Additional hours are available.

YOUTH SPORTS

Fort Jackson’s Youth Sports Program is a great place for youth to learn sportsmanship, practice new skills and make new friends. Youth Sports encourages youth to have fun and learn fundamentals of the game.

A variety of team sports, including flag football, cheerleading, soccer, basketball, baseball and volleyball are offered. In addition, track and cross country are options available to youth. Youth Sports also provides fitness activities and health and nutrition education throughout the year. The Youth Sports Branch boasts a modern Youth Sports Park, which features several softball fields, a football field and a concession area for day games.

YOUTH SPONSORSHIP

For incoming youth, there are various opportunities to get involved in the community even before they get to Fort Jackson. On the FMWR Web site, there is a link to a Youth Sponsor Request form, Youth Sponsorship, where incoming children can request a Youth Sponsor before they arrive; click on “Request Youth Sponsor. There is also a form where children may volunteer to become a sponsor for incoming children.

Welcome Wagon is another Youth sponsorship initiative on Fort Jackson.

Welcome Wagon cards are located at various locations on Fort Jackson such as the CYSS Central Enrollment Office, the Welcome Center and the Balfour Beatty housing office. A downloadable version on the Web site for families to request a visit from the CYSS Welcome Wagon for their children ages birth to 18.

A Welcome Wagon volunteer will visit at their location to deliver goodie bags filled with items that are appropriate to the ages of the family members and welcome them to Fort Jackson.

Also on the FMWR Web site, there is a Youth Information Handbook loaded with information about the area including places to go to have fun on and off Fort Jackson. There is also information on how to get a South Carolina driver’s license. Additionally, the Middle School and Teen program offers monthly Youth Sponsorship events.

For more information, contact School Age Services at 751-1136/6387.

CYSS Central Enrollment Office, the Welcome Center, the Balfour Beatty housing office, and a downloadable version on the Web site for families to request a visit from the CYSS Welcome Wagon for their children ages birth to 18. A Welcome Wagon volunteer will visit at their location to deliver goodie bags filled with items that are appropriate for the ages of the family members and welcome them to Fort Jackson.

MIDDLE SCHOOL/TEEN PROGRAM

Options for middle school and high school youth include four service areas: sports and fitness, leisure and recreation, life skills and leadership, and intervention and support. Middle school youth and teens are encouraged to be active members of the Torch and Keystone leadership clubs and assist staff in the programming activities and events for their age groups. A monthly calendar of events is available.

Editor’s note: For more information on Army School Liaison Services, call 751-6150.

Tips to help jump-start weight loss

By **CAPT. EMILY SLUSHER**
Moncrief Army Community Hospital

Are you facing another year of weight loss New Year’s resolutions? Was 2009 another year of disappointments and frustration? Did you try multiple fad diets, quick-fix pills and still see little or no results?

Let 2010 be a fresh start. How much extra weight did you gain over the holidays that you are ready to lose? Here are three easy healthy eating goals to focus on in the New Year that will help improve your chances for weight loss success.

STOP SKIPPING MEALS

Some people feel that by skipping one or two meals each day, they are saving calories and can lose more weight. Though this may seem like a quick way to drop some pounds, in reality, it is damaging the body’s natural calorie burner — the metabolism.

The human body needs fuel to keep its metabolism ramped up; going more than five hours without eating starts

to slow the metabolism. A slow metabolism can be repaired by not skipping meals and exercising to increase muscle mass. Muscle burns more calories at rest than fat. The more muscle a person has, the more calories he or she will burn.

EAT MORE FIBER

Fiber comes from a variety of plant sources. Generally, it is indigestible by humans. Fiber adds bulk to our diet, allowing us to stay satisfied on fewer calories. That makes having a high fiber diet perfect for weight loss by allowing people to stay satisfied longer while eating less.

Some good sources of fiber include: apples, oranges, grapes, melon, baby carrots, celery, cherry tomatoes and broccoli. Beans, oatmeal, high fiber breakfast cereal, whole wheat breads, whole wheat pastas and brown rice are also good sources.

To preserve fiber in cooked vegetables, try lightly steaming them. When possible, avoid peeling fruits and vegetables to maximize the fiber. The goal for fiber consumption is 25 to 30 grams per day. Read the nutrition labels of your favorite foods — are they helping you reach that goal?

AVOID LIQUID CALORIES

Drinking plenty of fluids is essential for optimal nutrition, but getting excess calories from beverages is a quick way to sabotage weight loss goals. Drinking sugar-sweetened drinks throughout the day, though not filling, can add approximately 250 calories per 20 ounce bottle of fruit juice, soda, sweet tea or energy drink.

Replacing two bottles of soda with water or diet soda saves 500 calories. In order to lose one pound per week, it is necessary to create a calorie deficit of 500 calories per day. Replacing liquid calories in the diet is one of the fastest and easiest ways to do that. Some alternatives would be water, sugar-free or diet versions of your favorite soda or fruit juice, unsweetened iced tea and flavored water.

Need help with more specific nutrition goals? Make an appointment with a dietitian for individualized recommendations and weight loss plans. Call 751-2115 for more information.

***Editor’s note:** Capt. Emily Slusher is a registered dietitian.*

MACH updates

NO-SHOWS / CANCELLATIONS

Every no-show appointment results in a loss of resources and prevents other patients from gaining access to medical care. To cancel an appointment after duty hours, call 751-2904.

During duty hours, from 7:30 a.m. to 4 p.m., call 751-CARE (2273) to cancel an appointment.

MACH CLOSES ENROLLMENT

Because of a shortage of on-post primary care providers, active duty family members will no longer be able to enroll for services at MACH. Family members will have a choice of Primary Care Managers in the TRICARE Prime network in the civilian community.

OUT-PROCESSING POLICY

Soldiers must now clear the Army Substance Abuse Program, Social Work Services and Behavioral Health prior to leaving the installation.

The Soldiers’ out-processing will include a review of medical records and provide an opportunity for the Soldier to receive care or information at his or her gaining installation. Out-processing hours are 8-11 a.m., Tuesday and 1-4 p.m. Thursday, at MACH, Room 7-90. For information, call 751-2235.

ORTHOPEDIC CLINIC

The MACH Orthopedic Clinic is currently scheduling only active-duty Soldiers for follow-up appointments. If you need as-

sistance obtaining orthopedic care, call the referral center at 751-2363

DFAC CLOSURE

The MACH dining facility remains closed for renovations. The mobile kitchen is located outside the third floor entrance.

NUTRITION CLINIC

The following classes will be offered this month:

— Diabetes class: Today, 8 a.m. to noon, Room 8-85

— Cholesterol and high blood pressure class:

Jan. 14, 2-3 p.m., Room 8-85

Jan. 21, 2-3 p.m., Room 8-85

— Army Weigh to Stay Class:

Monday, 2-4 p.m., Room 8-85

Jan. 25, 2-4 p.m., Room 8-85

— Victory Weight Loss Class: Today, 2-4 p.m., Room 8-85

To register, call 751-2115/2363 or 751-CARE (2273).

TRICARE ONLINE

TRICARE Online is an interactive site that offers Moncrief-enrolled TRICARE Prime beneficiaries the ability to book appointments with their primary care managers and receive information on Moncrief clinics and services. TOL also offers a medication interaction checker, general health and wellness resources, and separate games and health information for children.

Visit www.tricare.mil for information.

Cherish each day as God’s blessing

By **CHAPLAIN (MAJ.) GLENN PALMER**
U.S. Army Chaplain Center and School

Jesus said to the disciples, “*About that day and hour no one knows, neither the angels of heaven, nor the son, but only the Father.*” (*Matthew 24:36*)

An old Jewish folk tale says that when a child is conceived, God whispers to that child all the secrets of the universe. God tells the child about when God created the sun, moon and stars. God tells of separating the land from the waters with his spoken word. God tells each child about creating rainbows and relationships and people to love.

For nine months, God shares with the child all there is to know about creation. Then the child is ready to be born.

But as the folk tale continues, in all the excitement and chaos and joy of entering the world, the child forgets all the

secrets. The rest of the child’s life — our lives — are spent searching for God’s secrets; the secrets only God, only the father knows.

I was thinking about this recently while watching the movie “2012” with my youngest child. During these early days of 2010, I am reminded that for the past 2,000 years people have been trying to figure out when the “end” will be — the secrets of God, as it were. They have all been wrong. It will come when God decides.

Our call as God’s people, in and for such a time as this, is to live fully as God’s people now. Every waking moment, every breath, every minute of every day is a gift from God. We waste so much time and often forget that how we spend our days ends up being how we spend our lives.

As a chaplain, I have ministered to so many people who waste so much time focused on what’s wrong with life and

with each other instead of what is good and what works. They waste marriages, they waste years and they waste the lives God gives them.

As a veteran of two combat tours, I believe this: When all else is stripped away, we simply have God and each other. All else comes and goes. Life is precious, and none of us are promised tomorrow. I have witnessed death come too quickly.

We don’t get to choose how we will die, but we do get to choose how we will live. As you enter into this season of expectation and anticipation, I encourage you to be God’s people in all you say and do.

Love God with all you heart, soul, mind and strength. Take and treat each day as a gift, indeed as if it’s your last, and when he does come again I pray he finds us loving, living and serving him and others well.



PROTESTANT

- Sunday
7:45 a.m. Bayonet Chapel (Hispanic)
9 a.m. and 10:30 a.m. Magruder Chapel
9:30 a.m. Main Post Chapel
9:30 a.m. Daniel Circle Chapel (Gospel) service at the Post Theater
9:40 a.m. Moncrief Army Community Hospital
10:45 a.m. Post-wide Sunday School (Main Post Chapel)
11 a.m. Memorial Chapel
11 a.m. Chapel Next, Bayonet Chapel
- Wednesday
6 p.m. Prayer Service Magruder Chapel

- Protestant Bible Study**
- Monday
7 p.m. Women’s Bible Study (PWOC — Main Post Chapel, Class 209)

- Wednesday
7 p.m. Anderson Street Chapel
7 p.m. Gospel Mid-week prayer/Bible study Magruder Chapel
7 p.m. Gospel Congregation’s Youth (Magruder Chapel)
- Thursday
9:30 a.m.-noon Women’s Bible Study (PWOC, Main Post Chapel)
6 p.m. Neighborhood CMF/OCF Bible Study (Call 790-4699)
7 p.m. LDS Bible Study (Anderson Chapel)
- Saturday
8 a.m. Men’s Prayer Breakfast (Main Post Chapel, (every second Saturday of the month in Chapel Fellowship Hall)

- PROTESTANT YOUTH OF THE CHAPEL**
- Saturday
11 a.m. Magruder Chapel (third Saturday)
 - Sunday
5 p.m. Main Post Chapel

CATHOLIC

- Monday-Thursday
11:30 a.m. Mass (Main Post Chapel)
- Sunday
8 a.m. Mass (Solomon Center)
11 a.m. Mass (Main Post Chapel)

- 9:30 a.m. CCD (Education Center)
- 9:30 a.m. Adult Sunday School
- 12:30 a.m. Catholic Youth Ministry
- Wednesday
7 p.m. Rosary
7:30 p.m. RCIA/Adult Inquiry

ANGLICAN/LITURGICAL

- Sunday
8 a.m. Anderson Street Chapel

ISLAMIC

- Sunday
8-10 a.m. Islamic Studies (Main Post Chapel)
- Friday
12:30-1:45 p.m. Jumah Services (Main Post Chapel)

JEWISH

- Sunday
9:30-10:30 a.m. Memorial Chapel
10:30-11:30 a.m. Jewish Book Study (Post Conference Room)

CHURCH OF CHRIST

- Sunday
11:30 a.m. Anderson Street Chapel

LATTER DAY SAINTS

- Sunday
9:30 a.m. Anderson Street Chapel

ADDRESSES, PHONE NUMBERS

- Daniel Circle Chapel**
3359 Daniel Circle, corner of Jackson Boulevard, 751-4478
- Main Post Chapel**
4580 Strom Thurmond Blvd., corner of Scales Avenue, 751-6469
- Bayonet Chapel**
9476 Kemper St., 751-4542
- Family Life Chaplain**
4850 Strom Thurmond Blvd. (inside of Main Post Chapel), 751-5780
- Anderson Street Chapel**
2335 Anderson St., corner of Jackson Boulevard, 751-7032
- Education Center**
4581 Scales Ave.
- Magruder Chapel**
4360 Magruder Ave., 751-3883
- 120th Rec. Bn. Chapel**
1895 Washington St., 751-5086
- Memorial Chapel**
4470 Jackson Blvd., 751-7324
- Chaplain School**
10100 Lee Road, 751-8050

FIRST RESPONDER

The following are incidents compiled from reports, complaints or information received from the Fort Jackson Provost Marshal Office.

The incidents reflected are not an adjudication attesting to the guilt or innocence of any person and are provided for informational and reflective purposes only.

Col. Ronald F. Taylor

Director,

Emergency Services/Provost Marshal

Sgt. Maj. Glen W. Wellman III

Provost Sergeant Major

Billy Forrester

Fire Chief

CASES OF THE WEEK

❑ A civilian was arrested at the Main PX in the theft of a pair of sunglasses, military police said. The value of the sunglasses is \$29, MPs said. A 3-year post bar letter was also initiated.

❑ A Soldier was issued a ticket for following too closely after he crashed his car into the back of a sport utility vehicle, MPs



said. The hood, front bumper and grill of the car were damaged, and the car had to be towed from the installation.

❑ An investigation was launched after a civilian discovered a set of side rails had been removed from his government-owned vehicle, MPs said. The investigation is ongoing.

crimestoppers
1-888-559-TIPS
www.midlandscrimestoppers.com

FORCE PROTECTION THOUGHT OF THE WEEK

Second Sign of Terrorism

2 Elicitation/ Seeking Information

The second sign is the attempt to gain information through inquiries. This includes anyone attempting to gain information about a place, person or operation. Elicitation attempts can be made by mail, fax, telephone, or in person. Examples would be someone inquiring about a critical infrastructure like a power plant, water reservoir or a maritime port.